

# 9<sup>th</sup> Annual NH Conference on Aging

Brought to you by:  
NH Department of Health and Human Services, Bureau of Elderly and Adult Services  
and  
State Committee on Aging



**Maximize Your Potential:  
*Let Your Senior Spirit Soar!***

**Thursday, May 28, 2009  
Radisson Hotel  
Manchester, New Hampshire**

**Limited Free Bus Transportation Available!  
(see inside for more details)**

**For more information call: 603-573-3302  
or email: [nhconferenceonaging@dhhs.state.nh.us](mailto:nhconferenceonaging@dhhs.state.nh.us)**

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HEALTH / FINANCES / CONNECTING / GIVING / ENJOYING



**Northeast Health Care Quality Foundation**  
The Medicare Quality Improvement Organization for Maine, New Hampshire and Vermont

## Conference Agenda

**8:30AM – 10:00AM**

### Open Registration

Continental Breakfast and Exhibits

**10:00AM – 10:30AM**

### Welcome

John H. Lynch, *Governor (invited)*

Nicholas A. Toumpas, *Commissioner, NH DHHS*

Ally McNair, *Conference on Aging Chairperson*

### Featured Speaker

Dr. Bartels, *Medical Director, Bureau of Elderly and Adult Services*

**10:30AM – 11:00AM**

### Break

Refreshments and Exhibits

**11:00AM – 12:15PM**

### Morning Workshops and Exhibits

**12:15PM – 1:30PM**

### Lunch and Musical Entertainment

Entertainment by *The Hillcrest Terrace Tones*

**1:30PM – 2:45PM**

### Afternoon Workshops and Exhibits

**2:45PM – 3:15PM**

### Exhibits, Refreshments and Networking

**3:15PM – 3:30PM**

### Boarding Buses and Departure

## Silver Sponsors



### LSS In-Home Care



A Program of Lutheran Social Services



ELLIOT  
SENIOR HEALTH CENTER



## Featured Speaker

**Stephen J. Bartels, MD, MS**  
*Medical Director, Bureau of Elderly and Adult Services*  
*Professor of Psychiatry and of Community and Family Medicine*  
*Dartmouth Centers for Health & Aging*

Dr. Steve Bartels is the Medical Director for the NH Bureau of Elderly and Adult Services and the Director to the Centers for Health and Aging at Dartmouth. Dr. Bartels will provide an overview of new statewide wellness initiatives for New Hampshire's seniors. Dr. Bartels will also describe innovative training programs designed to improve the capacity and skills of the health and social service workforce providing critical services to seniors in New Hampshire.



*Pictures from the 2008 NH Conference on Aging*



### **Secrets of Stress Management**

*Richard 'Dick' Smith, Director, Community Development, Neighborhood Diabetes*

Learn what happens to your body's chemistry when you are under stress. Learn why these changes take place. What symptoms do these chemical changes cause? Learn several stress management techniques that have been proven to work.



### **Medicines & You: You Have The Power!**

*Cheryl Abel, PharmD, Assistant Professor of Pharmacy Practice, Massachusetts College of Pharmacy and Health Sciences*

Learn why more medicine is not always the answer, brand-name drugs aren't always preferable, new drugs aren't always better and sometimes, pills aren't the answer at all. Key messages will be: (1) preparing for a doctor visit: what questions should you ask? (2) keeping track of medications using a Personal Medical Record, (3) avoiding drug interactions and side effects, (4) using generic drugs to save money.



### **Lighten Up! Practical Tips and Tools for Living with Vision Loss**

*Irene Kaye, Visual Impairment Services Team Coordinator, Veterans Affairs*

This presentation will offer practical ways to maintain your independence, efficiency and safety while living with age-related eye conditions such as cataracts, glaucoma and macular degeneration. Irene will offer easy and practical suggestions for tactile labeling, organizational techniques, use of color contrast and the importance of illumination to ensure a safer environment.



### **Enjoying a Full and Active Life with a Chronic Condition**

*Kim Kennedy, RN, Coordinator Community Health Education, Catholic Medical Center*

Becoming an active self-manager is an important step in easing the problems of living with a chronic condition and enjoying life to the fullest. This presentation will consist of general information about chronic disease, its prevalence and identification of self-management skills needed to take care of the condition such as adopting healthy lifestyle behaviors, communication with the physician and managing emotions. An interactive component will include goal setting and problem solving.



### **Good Grief! Or is this Depression?**

*Bernie Seifert, LICSW, Coordinator of Older Adult Programs, National Alliance on Mental Illness NH & Geriatric Mental Health Education Coordinator for the Northern New England Geriatric Education Center, Lebanon, NH*

Older adults are more likely than any age group to experience significant changes and losses in their lives. Grief can be a normal and necessary response to loss; however, sometimes grief can lead to Depression. This workshop will compare key differences between simple bereavement and clinical depression, list risk factors for depression associated with grief, and provide information about what can be helpful for both, individuals experiencing simple bereavement as well as those suffering with clinical depression.



### **Over 60 and Overweight, Is it a problem? How Do We Manage It?**

*Laura Barre, MD, Center for Aging Research, The Dartmouth Institute for Health Policy and Clinical Practice*

We will explore the area of obesity in older adults, the controversies surrounding weight loss and the benefits and risks of different weight loss methods.



### **The Similar Plight of Caregivers and Care-Recipients: Letting Our Spirits Thrive During a Difficult Life Stage**

*Jeanne Childs, Spiritual Care Provider and Pilot Study Investigator, Dartmouth Hitchcock Medical Center and Caroline Moore, Program Coordinator, Dartmouth-Hitchcock Healthy Aging Center*

This workshop will provide insights and ideas on how to loosen the often-overpowering grip of stress and create a positive environment for both caregiver and care-receiver. Four tools will be demonstrated: balance, knowledge, support, and inspiration. This workshop will incorporate the use of role-play and testimonials, and presenters will reference current literature on caregiving and coping.



### **Exhibitors and Networking Opportunity**

An option to take additional time to visit the various Exhibitors and Vendors located in the Armory.





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### **Plan Today to Enjoy Tomorrow**

*Debra Desrosiers, Owner, Visiting Angels Living Assistance Services, Member New Hampshire Senior Education Network*

New Hampshire Senior Education Network is presenting information to enable seniors and their families to make educated choices for long term care planning.



### **Community Supports-Everyone's Right, Everyone's Responsibility**

*Kathleen F. Bates, Advocate/Consultant, Wings and Wheels Consulting Services*

As we get older most of us begin to lose some abilities and independence, but that doesn't mean that we have to lose the right to make choices. This workshop will explore different types of home care options and how to hire the right people that will support us at home and maintain independence and live the best life possible.



### **Learning Later, Living Greater**

*Nancy Merz Nordstrom, President, Nancy Merz Birdstrinm M.Ed., LLC*

Explore the concept, benefits and opportunities of lifelong learning, as a new kind of health club for your minds, bodies and spirits in your after-50 years. Using a presentation and interactive format, this workshop will first explore the concepts and benefits of lifelong learning for older adults. There will be discussion on the opportunities that exist in several different areas: the classroom, educational travel and meaningful community service.



### **Assistive Technology Promoting Independence and Safety In the Home**

*Therese Willkomm, Director, ATinNH, University of New Hampshire*

This hands-on interactive workshop will provide participants the opportunity to explore hundreds of assistive technology solutions and resources including back saving solutions, one-handed solutions, solutions for memory loss, solutions to reduce slips and falls, solutions for gripping difficulties, and solutions for hearing loss and vision impairments.



### **Exhibitors and Networking Opportunity**

An option to take additional time to visit the various Exhibitors and Vendors located in the Armory.

## ***The Hillcrest Terrace Tones***

Performers: Kay Bevens, Thalia Brown, Maureen Buchan, Veto Ceplinskas Don Petersen, and Virginia Wales and Paul Bordeleau, Director

Elder Musik was developed for seniors in retirement communities, assisted living, nursing homes, or just enjoying their retirement. As a result of the Elder Musik program, the Hillcrest Terrace Tones were formed.

Paul Bordeleau has been using this program for many years with great results. Paul has had students in their nineties successfully learn to play for their own enjoyment. This program was specifically designed to meet the needs of the senior student, with teaching materials developed for this program.

Students begin by learning to play a melody with their right hand only, using small keyboards. Weekly lessons are provided in convenient six week semesters, and as students advance through the program they learn to accompany their melodies with chords played with the left hand. The emphasis is on having fun with your music.

Other benefits in addition to socializing include:

- ♪ help in reducing stress and anxiety
- ♪ lowering blood pressure
- ♪ reducing the effects of arthritis in the fingers
- ♪ improving memory and cognitive functions.



*Keith Raiche Photography*



*Keith Raiche Photography*

**You don't stop playing because you grow old,  
you grow old because you stop playing...**



### Driving Directions To The Radisson Hotel Manchester The Center of New Hampshire



#### **TRAVELING NORTH:**

1. Travel north on either Route 3, Everett Turnpike, or I-93.  
Both highways connect to Route 293 North.
2. Take Route 293 to Exit 5 (Granite Street).
3. Take a right at the bottom of the ramp, crossing the bridge.
4. Go through two sets of lights. Hotel garage entrance is on the left.



#### **TRAVELING SOUTH:**

1. Travel south on I-93 to Route 293.
2. Take Route 293 to Exit 6 (Amoskeag Bridge).
3. Circle Right onto Eddy Road.
4. Bear right off the exit and continue right after the Amoskeag Inn.
5. Cross over the river and exit right off the bridge, down the ramp, and onto Canal Street.
6. Continue on Canal Street for approximately 1 mile (8 sets of lights) to Granite Street.
7. Take a left on Granite Street. Hotel garage entrance is on the left.

#### **TRAVELING from POINTS EAST of MANCHESTER:**



1. Take Route 101 West to I-93 South.
2. Follow I-93 South to Route 293 North/Route 101 West.
3. Follow Route 293 to Exit 6 (Amoskeag Bridge).
4. Bear right off the exit and continue right after the Amoskeag Inn.
5. Cross over the river and exit right off the bridge, down the ramp, and onto Canal Street.
6. Continue on Canal Street for approximately 1 mile (8 sets of lights) to Granite Street.
7. Take a left on Granite Street. Hotel garage entrance is on the left.

#### **TRAVELING from POINTS WEST of MANCHESTER:**



1. Take Route 101 East to Route 293 North.
2. Take Route 293 to Exit 5 (Granite Street).
3. Take a right at the bottom of the ramp, crossing the bridge.
4. Go through two sets of lights. Hotel garage entrance is on the left.

**RADISSON HOTEL MANCHESTER**  
The Center of New Hampshire  
700 Elm Street Manchester, NH 03101  
Telephone: 603-625-1000 Fax: 603-206-4000  
[www.radisson.com/manchesternh](http://www.radisson.com/manchesternh)

# Transportation



**Bus Transportation is FREE!**  
**SPACE IS LIMITED AND AVAILABLE ON A**  
**“FIRST COME, FIRST SERVE” BASIS.**



## Bus Schedule and Pick-Up Locations

Bus #	Pick-Up Time*	Pick-Up Town	Pick-Up and Drop-Off Address
1	7:00 a.m.	Berlin	Berlin Senior Center, 610 Sullivan Street
	7:20 a.m.	Gorham	Municipal Parking Lot
2	7:00 a.m.	Lancaster	McKee Inn, Main Street
	7:20 a.m.	Whitefield	McIntyre Apartments, 16 Highland Street
3	7:00 a.m.	Ossipee	Century 21/Post Office parking lot on Route 16
	7:55 a.m.	Rochester	Rochester Community Center, 150 Wakefield Street
	8:35 a.m.	Portsmouth	Park and Ride, Exit 3 off I-95
4	8:00 a.m.	Plymouth	Plymouth Regional Senior Center, 8 Depot Street
	8:15 a.m.	New Hampton	Park and Ride, Exit 23 off of I-93
	8:40 a.m.	Tilton	Wal-Mart parking lot, Exit 20 off I-93
	9:00 a.m.	Concord	Park and Ride, Exit 14 off I-93
5	8:30 a.m.	Nashua	Nashua Welcome Center Park & Ride, off Everett Tpk, Exit 6
	8:55 a.m.	Windham	Park and Ride, Exit 3 off I-93
6	8:00 a.m.	Lebanon	Upper Valley Senior Center, 10 Campbell Street
	8:35 a.m.	New London	Park & Ride, Rt.11 and 103A, off Exit 12 on I-89
	9:00 a.m.	Contoocook	Slusser Senior Center, off Exit 6 on I-89 South to Pine St.
7	8:00 a.m.	Keene	Keene Senior Center, 70 Court Street
	8:40 a.m.	Peterborough	Peterborough Library, 2 Concord Street

*\* All buses will depart from the conference center at 3:30 pm.*



*Refreshments and restrooms will be available on the bus.*

**Be sure to include bus number and pick-up town on registration form.**  
**Please call Priscilla Davis at 603-573-3302 if you have further questions.**



# Conference Registration Form

Space is  
Limited  
Registration  
Required!

Name: \_\_\_\_\_

(Please print your name as you would like it to appear on your name badge)

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

## Workshop Preferences

You will be able to attend **one** morning and **one** afternoon workshop.  
Please indicate your choice for morning and afternoon.

### Morning Workshop Sessions:

- ☐ Secrets of Stress Management
- ☐ Medicines & You: You Have The Power!
- ☐ Lighten Up! Practical Tips and Tools for Living with Vision Loss
- ☐ Enjoying a Full and Active Life with a Chronic Condition
- ☐ Good Grief! Or is this Depression?
- ☐ Over 60 and Overweight, Is it a problem? How Do We Manage It?
- ☐ The Similar Plight of Caregivers and Care-Recipients
- ☐ Exhibitors and Networking Opportunity

### Afternoon Workshop Sessions:

- ☐ Secrets of Stress Management
- ☐ Medicines & You: You Have The Power!
- ☐ Lighten Up! Practical Tips and Tools for Living with Vision Loss
- ☐ Plan Today to Enjoy Tomorrow
- ☐ Community Supports-Everyone's Right, Everyone's Responsibility
- ☐ Learning Later, Living Greater
- ☐ Assistive Technology Promoting Independence and Safety In the Home
- ☐ Exhibitors and Networking Opportunity

### Please Check if Accommodations are Needed for:

- ☐ Sign Language Interpreter
- ☐ Large Print
- ☐ Assistive Listening Devices
- ☐ Other (please specify): \_\_\_\_\_
- ☐ CART (Real Time Captioning)



## BUS SPACE IS AVAILABLE ON A "FIRST COME, FIRST SERVE" BASIS

### Bus Reservations:

- ☐ Bus 1
- ☐ Bus 2
- ☐ Bus 3
- ☐ Bus 4
- ☐ Bus 5
- ☐ Bus 6
- ☐ Bus 7

### Pick-Up Town:

Using the list of buses and pick-up locations on page 9, please indicate the pick-up town: \_\_\_\_\_

☐ Check here if a wheelchair lift is needed.

**Handicapped parking is available.**

### Meal Choices: (Please select one):

- ☐ Chicken Picatta
- ☐ 4 Cheese Manicotti (Vegetarian)

### Conference Fee:

- ☐ Senior (60+): \$20.00
- ☐ Under 60: \$50.00

Mail completed form and payment by **Friday, May 8, 2009**

**Make check payable to:** "CHI/Conference on Aging"

**Mail to:** Community Health Institute - **Attention:** Priscilla Davis  
501 South Street, 2nd Floor, Bow, NH 03304

**For more information call:** 603-573-3302

# New Hampshire Conference on Aging

## “Maximize Your Potential”

Dr. Steve Bartels is the Medical Director for the NH Bureau of Elderly and Adult Services and the Director to the Centers for Health and Aging at Dartmouth. Dr. Bartels will provide an overview of new statewide wellness initiatives for New Hampshire’s seniors. Dr. Bartels will also describe innovative training programs designed to improve the capacity and skills of the health and social service workforce providing critical services to seniors in New Hampshire.

### Please Join Us

Thursday, May 28, 2009

8:30AM – 3:30PM

Radisson Hotel Manchester

Manchester, NH

**Space Is Limited...Register Today!**

New Hampshire  
Conference on Aging



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Bow, NH 03304